

BY KATIE MULDER CREATIVE

## CHECKIN

How am I doing right here in this moment? What am I bringing with me as I move into a season of reflection and goal setting?

| FAITH         |  |
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| MARRIAGE      |  |
| HEALTH        |  |
| E M O T I O N |  |

## CHECK IN

How am I doing right here in this moment? What am I bringing with me as I move into a season of reflection and goal setting?

| F A M I L Y   |  |
|---------------|--|
| F R I E Z D S |  |
| REST          |  |
| W O R K       |  |

## REFLECT

Looking back at 2019, what are good things I can celebrate?

| CELEBRATI | ONS FROM | 2019 |  |
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## REFLECT

Looking back at 2019, what are some things I can learn from?

| LESSONS | FROM | 2019 |  |
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### DREAM

What am I most looking forward to in 2020? What do I want to be true in 2020?

| DREAMS FOR 2020 |
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#### DREAM

What am I most looking forward to in 2020? What do I want to be true in 2020?

| I SAY "YES" TO: | I SAY "NO" TO: |
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# GOALS

| I HOPE TO ACCOMPLISH                       |
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| MY ACTION STEPS                            |
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| WHAT RESOURCES & ACCOUNTABILITY DO I NEED? |
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| LORD   PRAY                                |
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## GOALS

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| MY ACTION STEPS                            |
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| WHAT RESOURCES & ACCOUNTABILITY DO I NEED? |
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| LORD I PRAY                                |
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## GOALS

| I HOPE TO ACCOMPLISH                       |
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| MY ACTION STEPS                            |
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| WHAT RESOURCES & ACCOUNTABILITY DO I NEED? |
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| LORD I PRAY                                |
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